

# 2012 Mid-America Region Masters Championships

## & Rocky Mountain Masters Games

Colorado State University, Ft. Collins, CO

August 25 & 26, 2012 (1 week before Labor Day weekend)

Sanctioned by USATF; Sponsored by Colorado Masters Track & Field Club ([www.cmtf-club.org](http://www.cmtf-club.org))

### Schedule of Events

5:00 Friday, 8/24 Free Clinic: throws

#### Saturday, August 25

8:00 Hammer, 19-69 men  
Shot Put, women & 70+ men  
Pentathlon (long jump first)

8:15 3K Race Walk

8:45 3K Run on track

9:00 Shot Put, 19-69 men  
Hammer, women & 70+ men

10:00 Discus, 19-69 men

11:30 Discus, women & 70+ men

12:00 Javelin, 19-69 men

2:00 Javelin, women & 70+ men  
Weight Throw, ALL (first flight)  
Super Weight, ALL, after Wt. Throw

2:00 Free Clinic: hurdles, sprints

5:30 Colorado Masters Meeting & Dinner\*: participants, officials, family & friends invited

\*Ask at registration table for location

#### Sunday, August 26

8:30 1500m  
Weight Pentathlon

8:45 Open Pole Vault (start below 10')

9:00 80m High Hurdles  
100m High Hurdles  
110m High Hurdles  
High Jump (starting at 5')

9:45 100m

10:00 Long Jump

10:45 800m

11:00 Masters Pole Vault (start at 5')

11:15 50m

11:45 Predict Time Fun Mile  
High Jump (low height)

12:30 200m

1:00 Triple Jump  
Open Pole Vault (start at 10')

1:30 300m Intermediate Hurdles  
400m Intermediate Hurdles

1:45 400m  
4x100m Relay  
4x100m Mixed Fun Relay

2:00 Free Clinic: pole vault

#### Age Groups\*\*

Masters, 5 year age groups:  
35 - 39, 40 - 44, 45 - 49, etc.

Submasters:

19 - 29, 30 - 34

\*\*Age as of first day of meet

**Awards:** Places 1-3 in each event receive medals. First 3 medals per person are free; additional medals are \$4.

**Entry Deadline:** Pre-registration is preferred. Registration day of meet is acceptable.

### Registration (please write legibly!)

#### Circle Events Entered

#### Track events:

50m	100m	200m
400m	800m	1500m
3000m	3K Race Walk	80m HH
100m HH	110m HH	300m IH
400m IH		

#### Field events:

High Jump	Pole Vault	Long Jump
Triple Jump	Shot Put	Discus
Pentathlon	Throws Pent.	Wt. Throw
Javelin	Hammer	Super Weight

If both the pentathlon and open throwing events are entered on Saturday, only a total of six throws will be permitted. The first three throws count for the pentathlon; all six count for the open javelin and discus.

#### Cost:

Entry fee and first event \$ 25.00

No. of additional events \_\_\_\_x \$5 \$ \_\_\_\_\_

**Event Total:\*\*\*** \$ \_\_\_\_\_

(\*\*\*If total is over \$40, enter \$40)

USATF Surcharge - Mid-America Region Masters. 35 or older, add \$ (5.00)

Rocky Mountain Masters Games T-shirts are \$15 (circle size): \$ \_\_\_\_\_

SM	MED	LG	XL	XXL
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Tax deductible donation \$ \_\_\_\_\_

**GRAND TOTAL:** \$ \_\_\_\_\_

Make checks payable to  
"CMTFC"

(Cash okay at the meet; no credit cards, please)

( ) I have a disability for which I am requesting an accommodation. (Visit [www.usatf.org/about/legal/policies/ADA.asap](http://www.usatf.org/about/legal/policies/ADA.asap).)

My Americans With Disabilities Act accommodation request is:

Name:

Address:

City:

State:

ZIP:

Phone:

Email:

Sex:

Age:

Birthdate:

USATF 2012#:

To compete in the Rocky Mountain Masters Games, I do, for myself, my heirs, and my administrators, waive, release, and forever discharge any and all claims for damages which I may have or which may hereafter accrue to me or my heirs against Colorado USA Track and Field, the sponsors, officers, and agents thereof. I certify that I am in good physical condition and recognize that this meet will be held at high altitude (~5000 ft.) and that the weather conditions can vary from very hot to very cold in short periods of time.

Signed:

Date:

#### Contacts

Jim Weed, 303-451-8727  
[rockymtnmastersgames@msn.com](mailto:rockymtnmastersgames@msn.com)

Jerry & Christel Donley  
719-635-1264

Throws & Implements:  
Tim Edwards, 303-724-0606  
[tedwa851@gmail.com](mailto:tedwa851@gmail.com)

#### Mail registration and check to:

Colorado Masters Track & Field Club  
c/o Jim Weed  
2203 E. 149<sup>th</sup> Ave., Thornton, CO 80602